

# UNIT 1

## Lifestyles

In this unit, I will learn to . . .

- describe my hobbies and interests.
- use adverbs of frequency.
- use pictures, titles, and headings to predict what a text will be about.

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Get Ready



What does it take to have a healthy lifestyle?



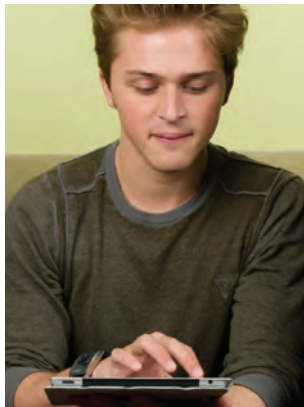
A. Look at the pictures and read the paragraphs. Who is the most similar to you? Why? Listen to the audio.



Barbara is a **minimalist**. She owns very few things and tries to live a simple life. She doesn't care much about clothes and rarely buys new things. She is able to save a lot of money, which she spends on travel.



Rose is a **vegetarian**. She doesn't eat any type of meat. She doesn't usually eat eggs or drink milk either. She spends a lot of time **cooking** and **working out**. She has lost 5 kilos and now feels great. She doesn't miss junk food.



George is an **Internet addict**. He is always on his tablet, searching the Web. When his friends get together, they spend a lot of time on their smartphones or tablets. They love **chatting online**, texting friends on the phone, and watching videos until early in the morning.

B. Answer the questions about the text.

1. What kind of life do minimalists try to live?
2. What does George love?
3. What does Rose spend a lot of time doing?

### Pair and Share



With a partner, ask and answer questions about the people in the text.

Who owns very few things?

Barbara is a minimalist.  
She rarely . . .

Ask and answer the question about yourself.

What do you do in your free time?

I spend a lot of time . . .

**A. Listen to the audio and read along. Guess the meaning of the words in bold.**

In my family, we all do different activities around the house. My mom keeps the living room and dining room free of messy things such as newspapers and magazines. She likes the **minimalist** style. My dad is a **sports fan**. On the weekends, he watches all kinds of sports on TV and is always willing to buy football **season tickets** to go to the stadium. My little brother is very shy and spends a lot of time watching TV. He's a **couch potato**! He doesn't like to be around people very much, but he chats online all the time! I am **vegetarian**; I enjoy **cooking** healthy food and **working out** every day.

**Word Box**

chatting online  
cooking  
couch potato  
Internet addict  
minimalist  
personality  
season tickets  
shopaholic  
sports fan  
vegetarian  
workaholic  
working out



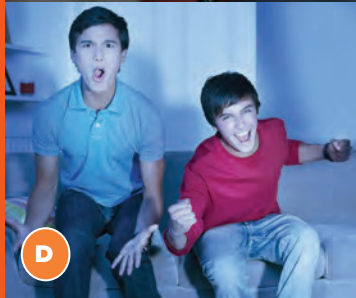
A



B



C



D



E



F

**B. Match the pictures with the words.**

- workaholic \_\_\_\_
- Internet addict \_\_\_\_
- sports fan \_\_\_\_
- shopaholic \_\_\_\_
- couch potato \_\_\_\_
- cooking \_\_\_\_

**C. Complete the sentences with the correct words.**

- Nancy spends her free time in the kitchen. She finds interesting recipes to make. She enjoys spending time \_\_\_\_\_.
- Mike never misses a football game. He is a \_\_\_\_\_.
- Jackie chats constantly with her friends, checks social media, and surfs the Web. She is a/an \_\_\_\_\_.
- Molly comes home late most nights. She sometimes stays at her office until 10 p.m. She is a/an \_\_\_\_\_.
- Sarah loves watching TV at home. She rarely exercises. She is a/an \_\_\_\_\_.
- Ibrahim spends a great deal of his time at the mall. He goes there every day, shopping for the best bargains. He is a/an \_\_\_\_\_.



## Adverbs of Frequency

**Adverbs of frequency** tell how often (or frequently) something is done.

Here are some examples.

*always, usually, frequently, generally, never, normally, occasionally, often, rarely, regularly, seldom, sometimes*

Adverbs of Frequency	
with action verbs	with the verb <i>be</i>
appears between the subject and the main verb	appears after the verb <i>be</i>
Ahmed <i>rarely</i> chats online.	Cindy is <i>never</i> late.

For grammar reference, go to Grammar Appendix.



**We often play ping pong on the weekend.**

**A. Find the adverbs of frequency in the Reading text in this unit and arrange them in order from ones that occur the least (0%) to those that occur most often (100%).**

0%	50%	100%

**B. Find statements in the Get Ready text to complete the Grammar box.**

Simple Present	Examples
affirmative statements	He is always on his tablet, searching the Web. 1. _____ 2. _____
negative statements	She doesn't usually eat eggs or drink milk. 3. _____

### C. Circle the adverbs that are in the wrong place.

1. I don't *usually* buy *usually* things at the shopping mall.
2. We *often* are *often* tired after karate class.
3. *Never* he *never* chats with his friends late at night.
4. He *always* is *always* home on Saturdays.
5. Asma and Amal *normally* practice *normally* reading English.
6. Betty *regularly* collects *regularly* coins from around the world.

### How often

Some adverbs of frequency are used with certain words or expressions, especially when used in questions.

For example, you would ask: *How often do you play football?*

### D. Match the question parts.

- |                   |   |   |                                      |
|-------------------|---|---|--------------------------------------|
| 1. How often do   | • | • | it take to learn Japanese?           |
| 2. How often does | • | • | does it take you to build a website? |
| 3. How long does  | • | • | you play football?                   |
| 4. How frequently | • | • | do you eat vegetables?               |
| 5. How much time  | • | • | she go out with her friends?         |

### E. Complete the sentences using *how often*, *how long*, or *how much*.

1. \_\_\_\_\_ do you work out in the gym?
2. \_\_\_\_\_ does Daniel visit the botanical garden?
3. \_\_\_\_\_ time do we have to finish the game?
4. \_\_\_\_\_ do you go to museums?
5. \_\_\_\_\_ does it take to get to the tennis court?
6. \_\_\_\_\_ time do you need to get ready?

### F. Write three sentences about things you do. Use adverbs of frequency in your sentences.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Pair and Share



**Talk to a partner about after school activities you do frequently.**

How often do you ... ?

I \_\_\_\_\_ every ...



## Listening Strategy:

## Make predictions using pictures

You can often predict what a text will be about by looking at the pictures.

- Think about words and things you know that are related to the pictures.
- Use the pictures and what you know to predict what the text will be about.

**Before Listening**

**A. Look at the pictures. What do you think Andy spends his time doing? Is it good for him?**



**B. Listen to the audio. Check (✓) the name of the person who does or says these things. Listen again to check your answers.**

	Andy	Mike
1. shopaholic		
2. shops on weekends		
3. pays for Andy's shopping		
4. works after school		
5. thinks Andy should play a sport		
6. thinks Andy's shopping is not a problem		

**After Listening**

**C. With a partner, ask and answer questions about your favorite hobbies and sports.**

**Final /-s/, /-z/ and /-iz/ sounds**

Words that end in -s or -es can be pronounced in three ways: /-s/, /-z/, or /-iz/.

**A. Check (✓) the final sound you hear.**

	-s	-z	-iz		-s	-z	-iz
1. cooks				4. pauses			
2. cries				5. races			
3. cups				6. students			

**B. Listen to the audio and repeat.**



**Speaking Strategy:**  
Ask questions

To learn about someone's hobbies and interests, ask questions.

- Wh- questions start with: *who, when, where, why, how, what, how long, how much, how often, or how many.*



**A. Listen to the conversation and complete the sentences with one of the phrases below. Listen again and check your answers.**

How often

How many

How long

**Yahya:** What do you do in your free time?

**Badr:** I ride my bike.

**Yahya:** (1) \_\_\_\_\_ do you ride?

**Badr:** I ride every weekend. Usually I ride in the park, but sometimes, I ride my mountain bike in the hills.

**Yahya:** (2) \_\_\_\_\_ do you ride?

**Badr:** I usually ride for about 1 hour.

**Yahya:** (3) \_\_\_\_\_ kilometers do you ride?

**Badr:** I usually try to ride for 16 or 17 kilometers.

**Yahya:** \_\_\_\_\_

**B. Your Turn**

**Roleplay the conversation with a partner. How would Yahya respond to Badr? Write an ending for the conversation in the blank space.**

Your idea: \_\_\_\_\_

\_\_\_\_\_



**C. Listen to the audio. Take notes to prepare for a conversation about your hobbies.**

**Pair and Share**

**With a partner, ask and answer questions about hobbies. Ask three to five questions and then switch roles.**

How often do you . . . ?

I usually . . .

When do you . . . ?

I sometimes . . .



### Before Reading

**A. Look at the pictures and read the title. What do you think these teens are talking about? What kind of information do you expect to read?**

**B. Read the text. Underline the main idea of each paragraph.**

### Reading Strategy:

#### Find the main idea to write a title or heading

Titles will often summarize the text in a few words. Headings describe smaller sections of the text.

- Look at the title and read it carefully.
- Read each section to find what the text tells you about the main ideas of each paragraph.
- Underline the key details to help you find the main ideas.



### Free Time for Teens



**a.** I'm really into badminton. I play every day after school, and I have a special coach who helps me on Saturdays. I play with my friends. We sometimes play until it gets dark at night. Our team won a competition last year in Boston. I hope to play for the American team in the 2020 Olympics. **(Tom, New York, U.S.)**



**b.** I just like to hang out with my friends at the shopping mall. We go there almost every weekend. We don't usually eat there because the restaurants are not good. There are a lot of things to buy. In my town, there isn't much to do, so it's easy to get bored. But there is a lot to do at the mall. I also like it because I get to meet and talk to other teens my age from different schools. **(Amal, Doha, Qatar)**



**c.** I'm crazy about science. I'm really fascinated by robots. I usually spend my extra time with my friends, and we build robots. I spend about 8–10 hours a week building them. We don't normally play in tournaments, but we are entering one in Singapore this October. I hope we make it to the Robot Olympics next year. **(Steven, Toronto, Canada)**



**d.** Playing computer games is my hobby. Whenever I finish my homework, I quickly ride my bike to my friend's house. We play computer games for about an hour or two, almost every day. My favorite game is Space Monsters. I can get a real high score on that game. One Saturday every month, the other gamers in my town get together, and we have a competition. I occasionally win, and I enjoy the competition. **(Ali, Kuala Lumpur, Malaysia)**

## After Reading

C. For each paragraph, write a heading that tells the main idea.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

D. How do you spend your free time? Write a heading for yourself that summarizes your favorite things to do.

\_\_\_\_\_

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## Writing



A. Work with a partner. Ask and answer questions about your likes and dislikes such as types of food, activities, or sports.

B. Complete the online profile about yourself.

### Writing Strategy: Use specific details

An online profile shows who you are to other people when you share specific details.

- You can give your basic information and mention what you like and don't like, what is important to you, and what your interests are.
- Do not give out very personal information such as your home address or any banking information.

Online Profile			
Name	<input type="text"/>	Nickname	<input type="text"/>
Age	<input type="text"/>	Birth date	<input type="text"/>
Country	<input type="text"/>	Interests	<input type="text"/>
City	<input type="text"/>	Sports	<input type="text"/>
Likes	<input type="text"/>	Dislikes	<input type="text"/>
Number of family members	<input type="text"/>		

C. Write about your likes and dislikes in five or six sentences using specific details.